



Visit Our Website at www.gobroomecounty.com/senior

Broome County Beautiful OUTDOOR OPPORTUNITIES

Summer offers many options to enjoy the outdoors and be among nature. Spending the day at a park or in a garden are two great ways to make the most of this warmer time of year.

Broome County boasts many parks where you can enjoy the beauty of our county. Below is a partial list of the many parks you can visit this summer.

Those with a star also have free carousels – bring your youngest family members for some extra fun! *Check operating hours before going – information at*
<https://visitbinghamton.org/things-to-do/carousels/>

- Chenango Valley State Park, Chenango Forks
- C. Fred Johnson Park, Johnson City *
- Dorchester Park, Whitney Point
- George W. Johnson Park, Endicott *
- Greenwood Park, Nanticoke
- Grippen Park & Roundtop Picnic Area, Endicott
- Hawkins Pond Nature Area, Windsor
- Highland Park, Endwell *
- Nathaniel Cole Park, Colesville
- Otsiningo Park, Dickinson
- Recreation Park, Binghamton *
- Ross Park, Binghamton (also home to the zoo) *
- West Endicott Park, Endicott *

Participating in a community garden is another wonderful way to spend your summer. A non-profit organization called VINES (Volunteers Improving Neighborhood Environments) has 14 community gardens in the Greater Binghamton area, including Johnson City, Vestal and Endwell. At a VINES community garden, you can rent your own raised garden bed for a modest yearly fee (\$20-30, scholarships are available). The garden bed comes built and ready for planting with fertile soil and on-site water as well as access to compost, water and seeds. Handicap accessible beds are available. It is still possible to plant things in July which will be harvestable this season, so call now to see if a bed is available.

VINES also offers free green thumb workshops and a weekly farm share (box of locally produced veggies) in the summer. Different sizes are available for different costs, and they proudly accept EBT/SNAP benefits and provide income-based discounts.

For more information, go to <https://vinesgardens.org/> or call 607-205-8108.

Senior Center Spotlight

BROOME WEST

Broome West Senior Center has a long history and has occupied a number of locations over the years. Broome West was originally known as the "Endicott Senior Community Center" and was first opened in February of 1995. A Grand Opening Celebration Ceremony took place on April 5th, 1995. St. Anthony's Church, the Burt's/Cinema Saver building, and the current Central Foods location were all past homes to the senior center.

Since 2001, Broome West has occupied the old E&T Catering building. In order to move to this location, the Office for Aging worked closely with Endicott seniors, the site council committee, and local businesses to hold fundraisers to cover moving, marketing, and building expenses.

The center offers services to promote the physical, emotional, and economic well-being of older adults. It strives to increase public awareness and knowledge of the talent and resources that our older citizens provide to the community.

At Broome West, friendships are formed, a feeling of belonging develops, fun and games are enjoyed, and parties and entertainment provide fun opportunities for the community. A highlight are the delicious, nutritious meals served Monday through Friday around noon and on some evenings. Sharing a meal with others produces a great feeling of well-being. A wonderful group of volunteers enhances the center with their help, smiles, and dedication.

Among current center activities, the new chair yoga class has been very popular. People enjoy the relaxation and the way the instructor incorporates fresh lavender aromatherapy into the class. Another popular program is our beginners acrylic painting class. There is also an adult coloring class and a craft class. Due to a strong interest in the arts, the center will be having its first art exhibit! Another heartwarming and fun time is when the Bright and Beautiful Therapy dogs visit. The smiles on people's faces are priceless.

Broome West also offers shuffleboard, Wii, cards, billiards, bingo, quilting, ping pong, social connections group, monthly decluttering discussion, live music for special meals, and periodic health, nutrition and disease management courses.

See page 10 for more information about Broome West this month and consider visiting this vibrant and active center!



From the Editor

By Danielle Clemens

In honor of Independence Day, our theme this month celebrates “America the Beautiful.” It is obvious that Broome County embodies some of the beauty of America, so our content related to *Broome County Beautiful* highlights some of the wonderful things to do and outdoor opportunities right here in our own back yard. Going just a bit further afield, there are many other beautiful places in New York State to explore as well. This summer, my wish list includes Broome County hikes and picnics, exploring the Finger Lakes, and seeing the band Starship and the classic cars at Spiedie Fest. Wishing you a *Broome County Beautiful* summer!

Broome County Beautiful HIKES

The Triple Cities Hiking Club offers Hiking-Lite hikes at 10am on alternate Wednesdays at Jones Park in Vestal. “Hiking with the Dinosaurs” hikes also start at 10am and will take place on the dates below.

If you opt for lunch at a senior center, please call the number listed by noon on the day prior to the hike.

Be sure to prepare by dressing appropriately, wearing rugged sneakers or boots, carrying water and snacks, tick-proofing yourself, applying sunscreen & preparing for changes in the weather. Questions – contact the Office for Aging at 607-778-2411.



Photos of hikers at Nathaniel Cole Park in March

July 10th – Binghamton University Nature Preserve. Meet at south end of Lehigh Avenue. Option for lunch at Johnson City Senior Center, call 797-1149 for hot lunch reservation or Soup & Sandwich option available walk-in.

July 24th – Wolfe Park. Meet at parking lot on Dorman Road. Option for lunch at First Ward Senior Center, call 729-6214 for reservation.

August 14th – Vestal Rail Trail West. Meet at Coal House parking lot. Option for lunch at Broome West Senior Center, call 785-1777 for hot lunch reservation or Soup & Sandwich option available walk-in.

August 28th – SUNY Broome Nature Preserve. Meet at BAGSAI parking lot. Option for lunch at First Ward Senior Center, call 729-6214 for reservation.

September 11th – Pettus Hill Nature Preserve (a new Waterman property in West Windsor). Meet at entrance fence parking lot. Option for lunch at Eastern Broome Senior Center, call 693-2069 for reservation or Soup & Sandwich option available walk-in.

September 25th – IBM Glen. Meet at Robinson Hill parking lot. Option for lunch at Johnson City Senior Center, call 797-1149 for reservation or Soup & Sandwich option available walk-in.

October 9th – Binghamton River Walk. Meet south side of Washington Street Bridge. Option for lunch at North Shore Towers, call 772-6214.

October 23rd – Jones Park. Meet at parking lot off State Line Road. Option for lunch at Vestal Senior Center, call 754-9596 for reservation or Soup & Sandwich option available walk-in.

If you are feeling really ambitious, Go All Out Broome County and Triple Cities Hiking Club are sponsoring a “Broome County Dozen Hiking Challenge” where hikers visit 12 identified hiking locations and complete a specified challenge at each, totaling over 40 miles! More information is at <https://goalloutbroome.com/bc12/>

Much Ado in the Garden Arts Festival

Sunday, July 14th - 11am to 3pm

Some things just naturally go together.... macaroni and cheese, peanut butter and jelly, what about Shakespeare and gardens? The works of William Shakespeare reference more than one hundred botanic species, many of which can grow in Broome County.

Cutler Botanic Garden's (CBG) Much Ado in the Garden Arts Festival takes its inspiration from that connection by showcasing its Shakespeare Trail. Much Ado in the Garden is a free, family-friendly celebration of the arts, crafts, herbs and botany of Shakespeare's England.

This year's line-up includes:

The Madrigal Choir of Binghamton, harp, and dulcimer performances

Shakespeare meets Broadway!

A medley of Shakespearean scenes and the show tunes they inspired with members of the Half Light Theater company

English Country Dancers

Workshop for creating Renaissance era herbal “deodorants”

Children's games, crafts and parade

Shakespeare Garden trail with scavenger hunt

Raffles, vendors, plant sales

Although the Shakespeare Trail is highlighted, Much Ado in the Garden will show off CBG at its peak ... the star of the show may well be CBG's stunning daylily collection in full bloom.

You can see some of last year's festival by viewing this 90 second video https://www.youtube.com/watch?v=Whv_0t-W9Hs&t=2s

All performances and most of the garden paths are wheelchair accessible. Parking is available, and a shuttle will be available from the auxiliary lot.

Cutler Botanic Garden is located on the Cornell Cooperative Extension Campus at 840 Upper Front Street in Binghamton. Support is provided by the Broome County Arts Council and the Chenango Arts Council. More information is available at ccebroomecounty.com/events or by contacting Linda Svoboda at 607-584 5001.



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Caregiver Corner

... ideas and information for people caring for others.

Caregiver Event

Tai Chi: How it Can Benefit You and Your Loved One

Date: Tuesday, July 2
Time: 2:00 PM – 4:00 PM
Place: Lourdes at Vestal (2nd Floor)
3101 Shippers Road, Vestal

Presenter: Shaz Bamasi, RN,
Lourdes Tai Chi Coordinator

Several studies have shown the tremendous benefits of Tai Chi for individuals of any age. This gentle form of exercise has the potential to reduce stress, improve your mood, promote a better night's sleep, improve balance and mental awareness. It may also help you manage symptoms of some chronic diseases such as arthritis, fibromyalgia, and chronic obstructive pulmonary disease.

Join us as we learn the basics of Tai Chi. Be Sure to wear comfortable clothes and shoes, as those attending will be invited to participate in an actual Tai Chi demonstration.

Pre-registration is requested; please call 778-2411 to reserve your seat.

Caregiver Chat Groups

These informal chats are open to caregivers of any age. No registration required. Call Caregiver Services at 778-2411 with any questions.

Place: **Stay Healthy Center**
Oakdale Mall, Johnson City
Date: Monday, July 1
Time: 1:00 – 2:30 PM

Place: **Broome West Senior Center**
2801 Wayne Street, Endwell
Date: Wednesday, July 17
Time: 9:30 – 11:00 AM

Scam of the Month

Auto Warranty Scams

Whether you own a vehicle or not, you may receive a phone call from a scammer claiming to be an employee of a car dealer, manufacturer or an insurance agent. These scammers claim to be notifying you of a warranty that is about to expire on your vehicle. They will then try to convince you that you should extend that warranty. To do this, the scammer will ask you for personal information such as your Social Security Number, credit card information, bank account information, and other personal information. If you have any doubt that the person is who they say they are, hang up immediately and be sure to not provide them with any personal information. To be on the safe side, it is best to contact your current warranty company directly to explore any extensions.

If you would like more information about scams, or would like to report a scam, please call the Office for Aging at 607-778-2411.

Meals on Wheels of Western Broome 5K Run/Walk 2019

Saturday, August 10th at 9am | Vestal Coal House, 204 Stage Road, Vestal

\$20 (includes event t-shirt)

\$25 same-day registration – race day registration from 7:30-8:50 am

Register at Meals on Wheels of Western Broome, 705 Main Street, Endicott, at the Vestal Coal House or online at www.VestalCoalHouse.com. Checks should be payable to Vestal Coal House (memo: MOW 5K) and mailed to the Vestal Coal House, PO Box 854, 13851.

Questions, please contact Jackie at 607-754-7856 or email westernbroomemealsonwheels@gmail.com

Senior Games Offers Racquetball & Disc Golf Clinics!

Are you interested in trying something new or renewing a passion for a sport you used to play? Players of any skill level are welcome at the Racquetball and Disc Golf Clinics. You will learn the rules and techniques of the game and have FUN playing. Try a new activity with an experienced instructor. You just might find a new favorite pastime!

All necessary equipment will be provided.

Racquetball Clinic: Saturday, July 13th from 9:30 – 11:30 am
YMCA, Binghamton

Disc Golf Clinic: Thursday, July 25 from 9:30 – 11:30 am
Floyd L. Maines Community Center, Conklin

Registration is required and space is limited, so call 778-2411 to reserve your spot.



North Fenton Seniors Club

Contact: Ruth, 648-8425

August 21
Resorts World Catskills Casino
Monticello, NY

Johnson City Senior Center

Contact: Kim, 797-3145

August 8
West Point Military Academy Tour & "Pride of the Hudson" River Cruise
Newburgh, NY

Eastern Broome Senior Center

Contact: Arlene, 759-6306

August 22
Hudson River Cruise

September 19
del Lago Resort & Casino
Waterloo, NY

October 23
Islands in the Stream: Dolly Parton & Kenny Rogers Tribute Concert
Penn's Peak, Jim Thorpe, PA

Clutter is Like Cats – It Has 9 Lives

To conquer clutter, learn habits that are **Quick, Easy and Get Results.**

Quick: Try spending just ONE MINUTE decluttering a space.

Easy: Ask yourself, "Do I NEED this, or do I just WANT it?"

Get Results: Find a place for everything, even if it's junk mail into the recycle bin.

If you keep working at it, your clutter won't have 9 lives.

Learn more on Tuesday, July 9, at 3 pm at the monthly Downsize and Declutter Discussion at Broome West Senior Center, 2801 Wayne Street in Endwell. Registration is not required. Call Michelle at 785-3427 with any questions.



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HEALTH & WELLNESS

Zumba

Based on dance moves choreographed to Latin and international music. Low impact dance aerobics class. There is a \$3 charge for this class.

Mon & Fri	9:30 am	First Ward Senior Center (Binghamton)
Tuesday	12:15 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)
Thursday	2:15 pm	Broome West Senior Center (Endwell)

Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance.

Mon	7:00 pm	First Ward Senior Center (Binghamton)
Mon, Wed & Fri	10:00 am	First Ward Senior Center (Binghamton)
Mon & Wed	1:00 pm	Johnson City Senior Center
Mon	2:30 pm	Eastside Congregational UCC (Binghamton)
Tues & Thurs	10:15 am	Northern Broome Sr Center (Whitney Pt)

Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt. There is a \$3 charge for this class.

Monday	9:30 am	Johnson City Senior Center
Friday	10:00 am	Johnson City Senior Center

Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness. \$3 charge

Monday & Friday	9:15 am	Northern Broome Senior Center - no fee
Tuesday	10:30 am	Johnson City Senior Center
Thursday	9:30 am	Broome West Senior Center
Thursday	1:00 pm	Johnson City Senior Center
Friday	9:30 am	Eastern Broome Senior Center - No fee
Friday	10:30 am	Vestal Senior Center

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday	10:45 am	Johnson City Senior Center
Friday	10:00 am	Broome West Senior Center (Endwell)

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability. \$5 charge.

Monday	11:00 am	First Ward Senior Center (Binghamton)
Thursday	1:00 pm	Broome West Senior Center

Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 - 9:30 am	Eastern Broome Sr Ctr (Harpursville)
Tuesday	11:00 am	Deposit Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center (Endwell)
Thursday	10:00 - 10:30 am	First Ward Senior Center
Friday	12:30 pm	Johnson City Senior Center

Low-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body. \$3 charge

Thursday	10:00 am	Johnson City Senior Center
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Osteoexercise Class

Tone muscles using light weights.

Monday	10:00 am	Broome West Senior Center (Endwell)
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Sunrise Yoga Classes

Wednesday	12:30 - 1:30 pm	Northern Broome Sr Center (Whitney Pt)
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Strength and Balance Class

Tuesday	1:30 pm	Johnson City Senior Center - \$5 charge
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**Complete addresses and phone numbers for all Senior Centers located on pages 10 & 11*

Exercise Equipment Available Daily at the following Senior Centers:

Broome West Senior Center • Northern Broome Senior Center • First Ward Senior Center

Solar for All

Check out NYSERDA's new electric bill assistance program called **Solar for All**. Through this no-cost state-administered program, income-eligible residents can participate in community solar and may receive on average a \$15 reduction on their monthly electric bills. There are no upfront costs, fees, or payments to participate, no equipment to install or maintain, and no need to change anything with your utility. Residents who have participated in HEAP, TANF, or EmPower NY are already income-qualified for this program.

Check your eligibility and learn more by visiting <https://www.nysenda.ny.gov/> or by calling 1-877-NYSMART.

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EVENTS at the CENTERS

4th of July Luncheon w/Orange Blossom Special

Tuesday, July 2, 11:15 am

Northern Broome Senior Center

Celebrate Independence Day with a tasty lunch, door prizes, and music by Orange Blossom Special.

"Last Wild Tigers in India" w/Rick Marsi

Wednesday, July 17, 10:30 am

Vestal Senior Center

Gather as we host photographer Rick Marsi for his presentation, "The Last Wild Tigers in India."

Steak Roast at Otsiningo Park w/Orange Blossom Special

Thursday, July 25, 10 am

First Ward Senior Center

Join us for lunch in the park with bingo and music by Orange Blossom Special. Advance tickets required. Lunch at 12:15 pm.

Breakfast for Lunch

Thursday, July 11, 11 am

North Shore Towers Center

Enjoy delicious waffles topped with blueberries or cinnamon apples, plus sausage & juice! Yum!

"Christmas in July"

Silent Raffle Fundraiser

Thursday, July 25, 11 am - 2 pm

Broome West Senior Center

Many items to choose from for great gift-giving, or treat yourself! Items and baskets will be on display from July 1 through July 24, drawing July 25.

Lourdes Mobile Mammography Van Visits

Tuesday, July 16, 9 am - 3 pm

Johnson City Senior Center

Lourdes will be offering mammograms on-site in a handicap-accessible van.

Evening Dining w/Singer & Pianist Adrian Skarvinko

Thursday, July 11, 4 pm

Eastern Broome Senior Center

Come enjoy an evening with friends! Door prizes, dinner, and the talented Adrian Skarvinko on the piano.

Evening Dining & Hawaiian Luau w/Wayne Beddoe

Thursday, July 11, 4:15 pm

Deposit Senior Center

Wear your Hawaiian shirts & grass skirts, and swing your hips to the music of Wayne Beddoe.

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Fuel Up for Summer Physical Activities

It's summertime, which means we are participating in a lot more outdoor physical activities. It's time to prepare our bodies for exercise after spending so much time indoors all winter long! Maybe you're participating in the "Seniors Running and Walking Festival" or one of the many sporting activities in this year's "Senior Games," or maybe you just need that extra boost for outdoor gardening or walking your dog at the park. Either way, the following are some great tips for fueling your body. The American College of Sports Medicine says, "Adequate food and fluid should be consumed before, during, and after exercise to help maintain blood glucose during exercise, maximize performance, and improve recovery time."

Before:

It's important to make sure you are adequately hydrated before any exercise or sporting activity. Start drinking water two hours before, and make sure you have consumed 6-8 ounces right before.

Without having something small to eat, you may feel weak or dizzy throughout your activity. Eat 100% whole grain foods, such as oatmeal, if your activity is in the morning. Enjoy brown rice with vegetables if your activity is after dinner. If you only have 10-15 minutes to eat, try a banana or apple with peanut butter.

Avoid heavy fats and too much protein before physical activity. These are slower and more difficult to digest.

During:

Stay fully hydrated by taking frequent small sips of water. Ideally, aim for 4-6 ounces every 15-20 minutes of physical activity. Dehydration can happen quickly without it.

After:

For every pound lost during activity, you should consume 16 ounces (2 cups) of water. Try mixing your water with one quarter 100% juice or Gatorade to add sodium and carbohydrates. 20-60 minutes after physical activity, eat 100% whole grain carbohydrates, fruits, vegetables, or healthy proteins such as eggs or almonds to heal and start rebuilding muscle.

Sources: www.heart.org and www.nchpad.org

Living Healthy Workshops

Put living back in your life with

Do you have a chronic health condition or care for a loved one with a chronic health condition? Living Healthy Workshops can help you take charge of your life.

Thursdays, August 22 – September 26: 1 – 3:30 pm

A Six-Week Program – Meeting Once Per Week

To be held at the Johnson City Senior Center

30 Brocton Street, Johnson City

FREE OF CHARGE!

Call Office for Aging at (607) 778-2411 to sign up and learn more.

Registration includes: *Living a Healthy Life* book, relaxation CD & healthy snacks during workshops.

Support for:

- Arthritis
- High blood pressure
- Heart disease
- Diabetes
- Chronic pain
- Stress/Anxiety
- Other conditions



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Broome County Beautiful
SUMMER EVENTS

Broome Bands Together is a free summer concert series held at Otsiningo Park from 6:00 pm – 8:00 pm on the dates below. All concerts are free, so pack your lawn chairs or blankets, a picnic dinner, or purchase food from a concert vendor.

- July 9Mike Davis and the Laughing Buddha Episodes
- July 16Masterpiece
- July 23The Shambles

There are two rain dates of August 13 and August 20.
<https://gobroomecounty.co.broome.ny.us/node/58647>

Movies in the Park, also at Otsiningo Park, is a free outdoor movie series on a 20-foot screen. Movies will be held at 8:30 pm on the Fridays below.

- July 19Aquaman
- August 9The Incredibles 2

The rain date is August 23.

Spiedie Fest returns for its 35th year on August 2, 3, and 4. It includes one of the top three hot air balloon rallies in the country. Live music, food (those spiedies and more), 300 craft and commercial booths, and family friendly activities are also part of the fest. This year the activities include a petting zoo, midway rides for young kids and teenagers, Corning Museum glass blowing demo, 300 antique cars and trucks, and Taste NY sample-and-buy New York State products.

Advance tickets are required for anyone wanting to participate in the meet-and-greets or attend the live music concerts. Advance tickets are \$20 until August 2nd. General admission to the Fest is free at the gate on Friday, August 2nd. Admission on Saturday or Sunday is \$5 each. Children 8 and under are free. Check the website for general and handicap parking information closer to the Fest dates.

<https://www.spiediefest.com/>

The Summer Event with Sherry Anne will be held at The First Baptist Church of Endicott, 1406 Monroe Street on August 20th at 7:00pm. Light refreshments will be served after the concert. The concert is sponsored in part by the Broome-Tioga Association of American Baptist Women.

Sherry Anne sings with an elegant voice and inspires audiences with the story of her journey from being seen as a problem child to a now-sought-after singer and motivational speaker. Sherry Anne was born with a bilateral hearing and speech impairment. Sherry Anne has appeared on stage with Bill Gaither and The Gaither Vocal Band, the Booth Brothers, the Collingsworth Family, The Hoppers, and Triumphant Quartet. Her song “You Came,” co-written with Tony Griffith, was a Singing News Songwriting Contest Grand Prize winner and has charted in both The Singing News and Billboard Magazine. Learn more at www.sherryanne.com.

Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square.

	7		6			5		
	5				4		7	
6		8		5		9		
		1		3			6	
	8		7				9	
				8	6	4		
8		5				7		4
				2	8			9
4	9		3					1

Answers on Page 9



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...And More

Call 772-2850 For Details

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The Senior Games are Back!!!

The Broome County Senior Games continues to help people stay active through fun, competitive, and athletic events! Participants can stay fit by enjoying indoor and outdoor activities while meeting new people and having fun!

The 2019 Games will be held starting in August and September and will include:

Disc Golf, Pickleball, Bocce, Floor Shuffleboard, Tennis, Volleyball, Bowling, Racquetball and much more! The Games are open to anyone 55 years and older. Participants do not have to live in Broome County.

Help us kick-off the Broome County Senior Games season with our annual **Pasta Dinner Fundraiser on Thursday, August 8th, 5:00-7:00 PM** at Broome West Senior Center, 2801 Wayne Street in Endwell. Cost is \$8 for adults; \$4 for children 12 and under; FREE for children 3 and under.

If you are interested in participating in the Senior Games, please call Sofia at 778-2411.

For more information, check out our website at www.gobroomecounty.com/senior/games or “like” the *Broome County Senior Games* on Facebook! If you have previously participated in the Senior Games, an application will be mailed to you.

Remember – You don’t quit playing because you grow old; you grow old because you quit playing!

Pocket Smart Discounts for Older Americans

Save money when you shop, eat out, or take advantage of entertainment options by asking about senior discounts. Some discounts may be on certain days and times, while others are always available. Some specify a minimum age. **Be sure to ASK for a senior discount! Discounts are not automatic -- they are only given upon request.** Just keep in mind that it is only a savings if you were going to spend the money anyway.

In addition to the discounts listed below, some outlet malls offer senior shopper discount cards, and there are senior discounts at many hotels and on cruise vacations. This list does not constitute an endorsement of any of the businesses listed. Information provided is based on calls to local Broome County businesses and can change at any time.

Retail Discounts

Goodwill: 10% discount every Tuesday (55+)
Kohl’s: most items are 15% off every Wednesday (60+)
Walgreens: 20% off regular priced items on Senior Days, usually every 1st Tuesday (55+)

Eating Out

Friendly’s Restaurants: 10% off meal, plus a free Sundae
IHOP: 20% discount on Mondays and Wednesdays at dinner, 10% discount the rest of the week, and a special menu for 55+
Subway: 10% discount (55+)
Senior Centers: Here is a great deal! Seniors age 60+ and their spouses of any age can receive a nutritious lunch of beverages (milk & coffee/tea), entrée, sides, and dessert for a suggested contribution of \$3.50. There is a charge of \$4.50 for those who are not yet age 60. No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Movie Theaters and Museums *

AMC Theaters: Discount varies, usually \$1-2 less per ticket, except on Tuesdays when all tickets are discounted (60+)
Bundy Museum of History and Art: Senior admission is \$5
Cider Mill Stage: Discounted tickets for seniors
Endicott Performing Arts Center: Senior citizen discounted tickets
Kopernik Observatory & Science Center: Senior admission is \$3
Phelps Mansion Museum: Guided tours cost \$5 for seniors (62+)
Regal Cinemas: Senior citizen discounted tickets (60+)
Roberson Museum and Science Center: Senior admission is \$6

* Musuems with Free Admission Were Not Included

Farmers’ Market Coupons
Available to Local Seniors

Farmers’ Market Coupons are \$20 worth of vouchers that can be exchanged for produce at local farmers’ markets. This program is meant to assist individuals who meet age and income guidelines in buying fresh produce from local farmers’ markets. Eligibility requirements and voucher distribution sites are listed.

You must meet the following guidelines to be eligible:
1) Provide proof of age (must be age 60 or older)
2) Have a BC Office for Aging ID Card with you or fill out an ID application on site
AND
3) Meet the following income guidelines:
\$1,926/month (for a one-person household); Or
\$2,607/month (for a two-person household); Or
\$3,289/month (for a three-person household).

Proof of income is not required.
All eligible individuals may receive one booklet per year.

Dates & Senior Center Locations for Pick Up

7/11 Johnson City (30 Brocton St., Johnson City), 9:30-11:30 am
7/12 Northern Broome (12 Strongs Pl, Whitney Pt.), 10:30-11:30 am
7/15 Eastern Broome (27 Golden Ln., Harpursville), 10-11:30 am
7/17 Broome West (2801 Wayne St., Endwell), 9:30-11:30 am
7/23 First Ward (226 Clinton St., Binghamton), 9:30-11 am
7/25 North Shore Towers (24 Isbell St., Binghamton), 10-11:30 am
7/26 Vestal (201 Main St., Vestal) 10:30-11:30 am

You May Redeem Your Coupons on Site at the
CHOW Produce Market

On June 3rd, the Foster Grandparents were treated to a delicious dinner and gifts, including the red insulated shopping bags shown here, in recognition of their service in elementary schools, Head Start programs, and daycare centers.

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Nichols Notch Apartments
Endicott NY | 607-754-0579

Watkins Glen School Apartments
Watkins Glen NY | 800-838-0441

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Johnson City NY | 607-797-8862

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<https://www.iloveny.com/seniors/>

New York State Senior Discounts

Take advantage of discounts at museums, parks, and more! Many New York State attractions, activities, and accommodations offer senior discounts. Requirements vary throughout the state, so be sure to check the individual tourism provider website when planning your trip.

<https://www.iloveny.com/seniors/discounts/>

New York State Golden Park Program:

If you are a New York State resident age 62 or above, on any weekday (except holidays), you can obtain free vehicle access to state parks, boat launch sites, and arboretums as well as a fee reduction to state historic sites and state-operated golf courses. Simply present your currently valid New York State Driver License or New York State Non-Driver Identification Card at the park entrance. No application is required as your NY State Driver's License/Non-Driver ID Card serves as your pass.

<https://parks.ny.gov/parks/>.

**Please note, there are a few exceptions to the program.*

America the Beautiful Senior Pass:

Seniors who are U.S. citizens or permanent residents of at least 62 years of age can purchase a lifetime pass to national parks, federal recreational lands, national monuments, national historic sites, recreation areas, and national wildlife refuges for \$80. An annual pass is also available to seniors for \$20 and is good for one year from date of issuance.

For more information, visit the U.S. National Park Service website:

https://www.nps.gov/planyourvisit/passes.htm#CP_JUMP_5088578

To find a National Park Site in New York State, visit:

<https://www.nps.gov/state/ny/index.htm>

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Dr. Eric Dohner
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Heating and Cooling Programs

Cooling Assistance Program: Do you have a documented medical condition that is aggravated by heat? You may be eligible to receive help with obtaining and installing an air conditioner or a fan for your home. Your household is allowed one or the other. You must be a U.S. citizen or a qualified alien and also meet certain income guidelines. To learn more about the program or to apply, contact Broome County Department of Social Services at 607-778-1100, extension 8.

Two Home Energy Assistance Programs (HEAP) remain available to homeowners in Broome County to help you prepare for the upcoming heating season:

- Clean and Tune Program:** This program provides the following energy efficiency service to eligible households:
- cleaning of primary heating equipment
 - chimney cleaning, minor repairs
 - installation of carbon monoxide detectors or programmable thermostats, if needed, to allow for the safe, proper and efficient operation of the heating equipment

Benefit amounts are based on the actual cost incurred to provide clean and tune services, up to a maximum of \$400. Those receiving the Clean and Tune Service may also apply for the Furnace Repair & Replacement Program if their furnace is found not to be working properly.

To apply for the Clean and Tune Program, call the Broome County Department of Social Services at 607-778-1100, extension 8.

Heating Equipment Repair or Replacement Benefit: If you are a homeowner and income eligible, the Heating Equipment Repair and Replacement benefit can help you repair or replace your furnace, boiler and other direct heating equipment necessary to keep your home’s primary heating source working. Benefit amounts are based on the actual cost incurred to repair or replace your furnace, boiler, and/or other essential heating equipment – up to \$3,000 for repair and \$6,500 for replacement. You must apply and be determined eligible before any work can be done. Reimbursements are not available for work done prior to applying for this program.

You must go to Department of Social Services (DSS) to apply. DSS will let you know if you meet all the eligibility conditions, including the income and resource requirements. Payment is made directly to the vendor after all the work is completed.

The following monthly **income guidelines** apply for the Clean and Tune and/or the Heating Repair & Replacement Program:

- Household of 1 \$2,391
- Household of 2 \$3,127
- Household of 3 \$3,863
- Household of 4 \$4,568

Higher income limits apply to larger households.

Tai Chi for Arthritis
Retired & Senior Volunteer Program (RSVP)

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. The **Tai Chi for Arthritis Program**, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. Tai Chi will help individuals reduce stress, increase balance and flexibility, feel relaxed and improve their overall mind, body and spirit. Medical studies confirm that the Tai Chi Program relieves pain, reduces falls and improves quality of life. The Tai Chi class, led by a certified instructor, includes: warm up and cool down exercises and six basic core movements. These one-hour classes meet two times per week and are designed to be relaxing and enjoyable.

Tai Chi for Arthritis Class
Mondays and Wednesdays
August 19 – September 30
9:00 AM – 10:00 AM
Otsiningo Park



Free class; suggested donation for class: \$20.00
Find more program information at the [Tai Chi for Health Institute](https://taichiforhealthinstitute.org/) web site, <https://taichiforhealthinstitute.org/>

To register or for information/questions contact the Retired & Senior Volunteer Program (RSVP). Phone: 607-729-9166 or Email: dkerins@ccbc.net

Race With Your Children!

New for the Seniors Running and Walking Festival – you can participate with your children! Our summer program and race events are still intended to celebrate adults age 55 and older but people under 55 can now join with their favorite senior. They will get an official time, race T-shirt and medal, but under-55 participants will not be eligible for awards.

Of course, the Seniors Running and Walking Festival, now in its fifth year, continues to offer summer gatherings at the Vestal Rail Trail to walk, run or wheelchair on Mondays and Fridays starting July 8th 6:30 – 7:30 PM, with refreshments served afterwards. Our race events, 1 mile and 5K (3.1 miles) with divisions for both walking and running, will be held September 7th.

To register on your computer, go to <http://www.gobroomecounty.com/senior/healthed>.
To request a paper registration form, call the Office for Aging, 607-778-2411.

Sudoku Answers

2	7	4	6	9	3	5	1	8
9	5	3	8	1	4	2	7	6
6	1	8	2	5	7	9	4	3
7	4	1	5	3	9	8	6	2
3	8	6	7	4	2	1	9	5
5	2	9	1	8	6	4	3	7
8	3	5	9	6	1	7	2	4
1	6	7	4	2	8	3	5	9
4	9	2	3	7	5	6	8	1

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Look What's Happening at the Centers!

BROOME WEST..... 785-3427

2801 Wayne St., Endwell, NY 13760
Center Hours: Mon - Fri, 9:00am - 3:00pm
Lunch served at Noon call 785-1777
Breakfast for Lunch: Mon 10:30am - 12:30pm
Sandwich and Soup Bar: W/Th/F, 11:15 am – 12:30pm

Weekly Activities: Exercise classes listed on page 4
Daily: Wii, Cards, Billiards, Shuffleboard
M: Bingo 9:30 am, Quilting 9 am-12 pm; Blood Pressure Checks, 11 am
T: Craft Class 9:30 am (call for schedule); Ping Pong 1-3 pm;
W: Bingo 9:30 am; Scrabble 12:30 pm; Floor Shuffleboard 12:45 pm;
Beginners Canasta, 1 pm
Th: Social Connections 1-2:30 pm
F: Bingo 9:30 am, Craft Class & Adult Coloring 9:30 am, Ping Pong 1-3 pm

Special Activities

- 7/1 Office for Aging Satellite Office Day (*please sign up*), 10 am – 12 pm
- 7/2 4th of July Party & Luncheon w/ Rich Wilson, 11 am
- 7/8 Special Breakfast (*breakfast pancake tacos*), 10:30 am – 12:30 pm
- 7/9 Downsize & Declutter Discussion, 3 pm
- 7/10 Bright & Beautiful Therapy Dogs visit, 12:30 pm
- 7/15 Safety Tips presentation by Binghamton University Security Dept., 11 am – 12 pm
- 7/16 Hawaiian Luau Luncheon w/Hawaiian Dancing, 11 am
- 7/17 Farmers’ Market Coupons Distribution, 9:30 am – 11:30 am
Evening Dining (*beef burgundy & lemon meringue pie*)
w/vocalist Mike Burrell, 5 pm
- 7/18 Philly Cheesesteak Day w/Marian Tewksbury, 11 am
- 7/22 Special Breakfast (*fruited yogurt & granola parfait*), 10:30 am – 12:30 pm
- 7/25 “Christmas in July” Silent Raffle Fundraiser, 11 am – 2 pm
- 7/26 Grill-it-Groovy Lunch Special: Panini Sandwiches (*please reserve*), 12 pm

DEPOSIT..... 467-3953

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)
Center Hours: Tues & Thurs, 9:00am - 2:00pm
Lunch served at 12:30 pm

Weekly Activities (call for info):
T & Th: Morning Coffee, Cards, Puzzle Board & Wii 9 am-12 pm; Piano Music 10:30 am
T: Crafts 10:30 am; Chair Exercises 11 am

Special Activities

- Tuesdays: Bingo, 1 pm: 7/2 Nickel; 7/9 Bag; 7/16 Quarter; 7/23 Nutrition, 7/30 Special Prizes
Craft Making, 10:30 am
Thursdays: Chair Exercises, 11 – 11:30 am
- 7/2 4th of July Party & Luncheon, 12 pm
 - 7/11 Evening Dining & Hawaii Luau (*beef burgundy & lemon pie*) w/ Wayne Beddoe, 4:15 pm
 - 7/16 Southern Tier Food Bank at the Fire Station, 11:30 am
Blood Pressures w/Sandy, 11:30 am
Farmers’ Market Coupons Distribution w/Delaware County OFA, 12 pm

EASTERN BROOME..... 693-2069

27 Golden Lane, Harpursville, NY 13787
Center Hours: Mon - Fri, 9:00am - 2:30pm
Lunch served at Noon
Breakfast: Tues, 8 - 9:30 am
Golden Griddle Brunch: Thurs, 10:30 am – 12:00 pm
Sandwich and Soup Bar: Wed, 11:30 am – 12:30 pm
Burger Bar: Fri, 11:30 am - 12:30 pm

Weekly Activities: Exercise classes listed on page 4
Daily: Computers, Coffee Hour, Cards, Billiards
M: Wii Practice/Play 9-11 am, Shuffleboard 10 am
W: Woodworking w/Mark Young 9 - 11 am; Stitching/Crafts 9-11 am
Th: Acrylic Painting 9 - 11 am
F: Shuffleboard 9:15 am

Special Activities

- Mondays: Mobile DMV, 10 am–3 pm (Closed 12–12:30 pm for lunch)
Thursdays: Golden Griddle Special: *Blueberry Pancakes*
- 7/2 4th of July Party & Luncheon w/Wayne Beddoe, beginning 10:30 am
 - 7/11 Evening Dining (*beef burgundy & lemon pie*)
w/Pianist Adrian Skarvinko, 4 pm
 - 7/15 Farmers’ Market Coupons Distribution, 10 am – 11:30 am
 - 7/16 Hawaiian Luau Luncheon w/Games, beginning 10:30 am
 - 7/21 Singer Ed Travis performs at Town of Colesville Gazebo, 6 pm
 - 7/24 “Taste THIS!” Nutrition Education Class with Office for Aging, 11 am
 - 7/25 Evening Dining (*BBQ chicken sand. OR fish sand. & choc. pie*)
w/Gary T. & Co., 4 pm
 - 7/31 Legal Aid Society (*please call for appointment*), 9 am – 12 pm
Baked Potato Bar, 11:30 am


FIRST WARD..... 797-2307

226 Clinton St., Binghamton, NY 13905
Center Hours: Mon - Fri, 8:00am - 4:00pm & Mon Evenings, 7:00pm - 9:45pm
Lunch served at 11:45 am call 729-6214
Mondays: Breakfast for Lunch, 10:30 am- 12:30 pm (No Reservations Required)

Weekly Activities: Exercise classes listed on page 4
Daily: Billiards
M: Bingo 12:30 pm; Texas Hold'em 12:45 pm
T: Shuffleboard 9:00 am; Knitting 9 am; Pinochle 12:30 pm; Texas Hold'em 12:30
W: Ceramics 9:00 am; Chorus 9:30 am
Th: Sewing 9:00 am; Mahjong 12:30 pm; Craft Class 1:00 pm
F: Ceramics 9:30 am; Dominos 12:30 pm; Texas Hold'em 12:45 pm

Special Activities:

- Mondays: Roberson International Folk Dancers (*all welcome/no partner needed*), 7:30 – 9:45 pm (*If you have a group that would like to use the center, please call 797-2307*)
Tuesdays: CHOW Mobile Market (*please call for updates/time changes*), 9:30 am
- 7/2 4th of July Party & Luncheon w/Rick Pedro, 11:30 am
 - 7/3 Social Club, 1 pm
 - 7/8 Breakfast for Lunch (*Red, White & Blue waffles*), 10:30 am – 12:30 pm
 - 7/9 Get Fit presentation, 12:15 pm
 - 7/16 Hawaiian Luau Luncheon, 11:30 am
 - 7/17 Legal Aid Society appointments
(*by appointment only/call for information*)
 - 7/18 Philly Cheesesteak Day w/Greg Neff, 11:30 am
 - 7/23 Farmers’ Market Coupons Distribution, 9:30 am – 11 am
SNAP Presentation by Family Enrichment Network, 12:15 pm
 - 7/25 Center Closed. Steak Roast at Otsiningo Park
w/Orange Blossom Special (*advance tickets required/call for information*), 12:15 pm
 - 7/30 Solar Energy Presentation by Astral Power, 12:15 pm



Senior Center Closing

All Broome County senior centers will be closed on Thursday, July 4 in observance of Independence Day.

JOHNSON CITY.....797-3145

30 Brocton St., Johnson City, NY 13790
Center Hours: Mon - Thurs 9:00am - 4:00pm; Fri 9:00am - 2:00pm
Lunch served at 11:45 call 797-1149
Hot Lunch (Reservations): M/W/Th/F
Walk-Ins Welcome:
Sandwich & Soup Bar: Wed/Thurs, 11:45 am - 12:30 pm
Breakfast for Lunch: Tues, 10:30 am - 12:00 pm

Weekly Activities: Exercise classes listed on page 4
M: Watercolor Painting 9 am; Knit/Crochet 11:30am;
Bingo 12:30 sales/1:30 play; Poetry 1 pm; Pitch (cards) 1 pm
T: Guitar 9 am; TOPS 9 am; Shuffleboard (recreational) 12:30 pm
W: Quilting 9 am; Bridge (cards) 10 am; Pinochle, Penny Bingo 12:30 pm;
Writers’ Workshop 1 pm; Mahjong 1 pm
Th: Oil Painting, Guitar both 9 am; CHOW Mobile Market 10:30 - 11:30 am;
Group Meditation 1:30 – 2:30 pm
F: Watercolor Painting 9:30 am; Ladies Singing 10:30 am; Chair exercises 12:30pm
Special Activities:

- 7/2 “Taste THIS!” Nutrition Education Class w/Office for Aging, 12:30 pm
4th of July Party & Luncheon, 11:45 am
- 7/9 Nutrition Education w/Cornell Coop. Extension, 11:30 am
- 7/10 Broome County Office for Aging Satellite Office Day, 12:30 pm – 2:30 pm
- 7/11 Farmers’ Market Coupons Distribution, 9:30 am – 11:30 am
“Understanding & Responding to Dementia-Related Behaviors”
w/Alzheimer’s Assoc., 10 am
- 7/16 Lourdes Mobile Mammography Van visits, 9 am – 3 pm
Hawaiian Luau Luncheon, 11:45 am
AARP Smart Driver Course (*enrollment & payment required/call for info*), 1 pm – 4 pm
Cooking Demonstration by Chef Weaver of The Hearth at Castle Gardens, 1:30 pm
Red Hat Society Meeting, 3:30 pm
- 7/17 Blood Pressure & Glucose Checks w/The Medicine Shoppe,
10 am – 12 pm
- 7/18 Legal Aid Society Appointments (*by appointment only/please call*),
9 am – 12 pm
AARP Driver Safety Course (*enrollment & payment required/call for info*), 1 pm – 4 pm
- 7/24 Haircuts for Men & Women by Debbie Roberts
(*please call for appt*), 10 am – 11:30 am

NORTHERN BROOME 692-3405

12 Strongs Place, Whitney Point, NY 13862
Center Hours: Mon - Fri, 9:00am - 3:00pm
Lunch served at Noon
Sandwich & Soup Bar: Mon, Tues, Wed 11:30am - 12:30pm
Breakfast for Lunch: Thurs 10-12:30 pm
Pub Burger: Fri 11:30 am - 12:30pm

Weekly Activities: Exercise classes listed on page 4
M: Tai Chi 9:15 am; Pinochle 10 am; Horse Racing (1st/3rd) 10:30 am;
Bingo 10:30 am; Adult Coloring Class 12-2pm
T: Computer Class 9:30; Osteo Exercise 10 am; Quilt/Sewing Class
10 am-3 pm; Bridge Card Group 12 pm
W: Shuffleboard 10 am; Bunko (dice game), 12:30 pm,
Sunrise Yoga 12:30 pm; Knitting 1 pm
Th: Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure
Testing (1st/3rd) 11 am
F: Tai Chi 9:15 am; Bingo, 10:30 am; Crafts w/Denise, 10:30 am

Special Activities:
7/2 4th of July Party & Luncheon w/Orange Blossom Special, 11:15 am
7/9 Evening Dining (*beef burgundy & lemon pie*)
w/The Weaver Believers, 4:30 pm
7/10 Crazy Hat Day w/Prizes & Parade
7/11 Northern Broome Wii Bowling Tournament (*call for information and to enter*), 10 am
Blueberry Muffins & Pancakes for Blueberry Muffin Day, 10 am
7/12 Farmers’ Market Coupons Distribution, 10:30 am – 11:30 am
7/15,16 AARP Smart Driver Course (*enrollment required*), 10 am – 1:30 pm
7/17 Hawaiian Luau Party, 11:15 am
Zentangle class, 1 pm – 3 pm
7/23 Evening Dining (*BBQ chicken sand. OR fish sand. & choc. cream pie*)
w/ Bingo, 4:30 pm
7/24 Brown Bag Auction (*call for information*), 12 pm
7/31 Wheel of Fortune Game, 12:30 pm

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901
Center Hours: Mon - Fri 10:00am - 2:00pm
Lunch served at Noon

Weekly Activities:
Daily: Coffee 8-11 am, Games and Cards
M: Bingo 10-11:30 am
T: Wii Bowling 10-11:30 am
W: Dice & Card Games 10-11:30 am
Th: Dice & Card Games 10-11:30 am
F: Wii Bowling 10-11:30 am

Special Activities:
Thursdays: Blood Pressure Screenings with Nurse Sue & Nurse Chrissy
on 10th Floor, 9–11 am

- 7/2 4th of July Wreath Crafts, 10:15 am
4th of July Party & Luncheon, 11:45 am
- 7/8 Enjoy delicious berries for National Strawberry Day, 10:30 am
- 7/10 Crafts & Ceramics, 10:15 am
- 7/11 Breakfast for Lunch (*waffles w/blueberries or apples & sausage*),
11 am – 12:30 pm
- 7/16 Hawaiian Luau Luncheon, 11:45 am
- 7/18 Lunch Special (*pub burgers, macaroni salad, & fresh fruit*)
w/Marc & Ronnie, 11 am – 12:30 pm
- 7/23 Share Photos & Stories of Grandchildren for Nat’l “Gorgeous
Grandma” Day, 10:30 am
“Taste THIS!” Nutrition Education Class w/Office for Aging
(*signup required*), 10:30 am
- 7/24 Wine Glass Charm Crafts, 10:15 am
- 7/25 Farmers’ Market Coupons Distribution, 10 am – 11:30 am
- 7/29 Bingo, 10 am – 11:30 am

VESTAL 754-9596

Old Vestal Junior High School Cafeteria / 201 Main St., Box #4, Vestal, NY
Center Hours: Mon - Fri, 9:00am - 2:00pm
Lunch served at 11:45am
Sandwich and Soup bar: W/F, 11:45 am- 12:30 pm

Weekly Activities: Exercise classes listed on page 4
Daily: Coffee Klatch, Cards, Games
M: Walking Group 8 am
T: Pinochle 9:30 am
W: Walking Group 8 am; Crochet/Knitting 9:30 am;
Bridge Group 9:30 am; Computer Instruction 10 am;
Chair Exercises 10:30; Oil Painting 1-3 pm
Th: Bingo (1st & 3rd) 10:15 am; Ice Cream Day 12:00 pm;
Bridge Group 12:30 pm
F: Walking Group 8 am; Mahjong 9:30 am

Special Activities:
7/1 King High Card Game, 12 pm
7/2 4th of July Party & Luncheon, 11:30 am
7/3,24 Nutrition Education w/Cornell Cooperative Extension, 10:30 am
7/3 Hot Dog Lunch Special (*reservations appreciated*), 11:30 am
7/8, 22 Chop & Chat (*reservations required*), 10:30 am
7/9 Breakfast for Lunch: Pancakes & Eggs, 11:30 am – 12 pm
7/10 “Taste THIS!” Nutrition Education w/Office for Aging
(*reservations required*), 10:30 am
7/12 Vestal Senior Club Trip Sign-Up Day: Shawnee Playhouse, 9:30 am
7/16 Hawaiian Luau Luncheon, 11:30 am
LCR Dice Game, 12 pm
7/17 “Last Wild Tigers of India” presentation
w/ photographer Rick Marsi, 10:30 am
7/18 Bingo, 10:15 am
Philly Cheesesteak Day, 11:30 am – 12 pm
7/19 Pizza or Chef Salad w/Bunko, 11:30 am
7/23 Bake Sale, 9:30 am
Vestal Senior Club meeting, 12:30 pm
7/24 Evening Dining (*chicken OR fish sand. & choc. pie*)
w/Orange Blossom Special, 5 pm
7/26 Farmers' Market Coupons Distribution, 10:30 am – 11:30 am
7/29 Vestal Senior Club Trip Sign-Up Day: Wheeling,
WV Festival of Lights, 9:30 am

MEET, GREET & EAT

July Menu - Bon Appétit!

At all Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change. A contribution of \$3.50 is requested for people age 60+ and spouse of any age. Those under age 60 are charged **\$4.50 per meal.**
No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.


Need to Reduce Sugar and Calorie Intake?

We offer a non-concentrated sweets (NCS) lunch menu for those who are watching sugar and calorie intake. If you would like to take advantage of this modified menu option, please tell the receptionist at the senior center that you would like the NCS menu.

Meatball Parmesan Sub 1 Minestrone Soup Fresh Orange M&M Cookie	Independence Day Party! 2 Spiedie Marinated Chicken OR Sausage Link w/ Peppers & Onions Baked Beans, Coleslaw Brownie w/ Cherries	Chicken Salad 3 Croissant w/ Lettuce & Tomato Corn Macaroni Salad Applesauce Bar	Centers Closed in Observance of Independence Day 4	Italian Chicken 5 OR Parmesan Crusted Broiled Fish Seasoned Quinoa, Pickled Beet Salad, Strawberry Fruited Gelatin w/ Topping
Chicken Alfredo 8 Over Rotini Pasta Green Beans Banana	Halupki OR 9 Breaded Pollack Mashed Potatoes Caesar Salad Cinnamon Muffin	Braised Mexican Pork 10 Shoulder OR Cilantro-Lime Chicken Mexican Rice Peas Lemon Pudding w/ Topping	Four Cheese Baked 11 Penna Casserole Broccoli Orange Cranberry Crumb Bar	Beef Stroganoff 12 OR Spinach Parm. Pollack Over Buttered Noodles California Vegetables Pineapple & Mandarin Oranges
Mozzarella Pasta Bake 15 Green Beans Banana Sugar Cookie	Hawaiian Luau 16 Sliced Ham w/ Pineapple Sauce Hawaiian Baked Beans Garden Salad Coconut Cream Pie	Herb Crusted Pork 17 OR Citrus Herbed Pollack Couscous Pilaf Peas w/ Sautéed Mushrooms Fruited Gelatin w/ Topping	Hot Dog w/ Cheese OR 18 Chicken Spiedies on a Roll Fresh Cantelope Macaroni Salad Black Forest Pudding w/ Cherries & Topping	Salmon Patty w/Dill 19 OR Basil Chicken Mashed Potatoes Capri Blend Vegetables Banana Cake w/ Vanilla Icing
Macaroni & Cheese 22 Stewed Tomatoes Sliced Carrots Chocolate Chip Cookie	Honey Ginger Chicken 23 Dijon Roasted Potatoes Tangy Coleslaw Pineapple Upside Down Cake	Beef Stroganoff 24 Over Buttered Noodles Beets Vanilla Pudding w/ Mandarin Oranges	Sliced Turkey w/ 25 Gravy Mashed Potatoes w/Gravy Corn Fresh Honeydew	Meatloaf w/Gravy 26 OR Spinach Parm. Pollack Baked Potato Italian Blend Vegetables Raspberry Brownie Delight
Ham Steak w/ Honey 29 Mustard Sauce Peas Au Gratin Potatoes Oatmeal Raisin Cookie	Breaded Fish Sandwich 30 OR Egg Salad Sandwich Sausage Florentine Soup Cucumber & Tomato Salad Diced Peaches	Liver w/ Onions OR 31 Chicken Cacciatore Mashed Potatoes w/Gravy Wax Beans w/ Parsley Gingerbread Cake w/Icing		

Funded by: NYSOFA, US Dept. of Health & Human Services – Administration on Community Living and Broome County Office for Aging

Broome County Office for Aging
County Office Building
60 Hawley Street
PO Box 1766
Binghamton, NY 13902



SPECIAL JULY EVENTS


Around Noon at Participating Senior Centers

4th of July Party & Luncheon - Tuesday, July 2nd
Celebrate Independence Day early with a picnic menu including Spiedie marinated chicken breast or sausage w/peppers & onions, sides, and a brownie topped with cherries and whipped topping for dessert!

Hawaiian Luau & Luncheon - Tuesday, July 16th
Dress in your Hawaiian shirts and skirts and join us for a Luau! Tropical adventures await you, including island music, tropical drinks, and other island festivities. A special Hawaiian lunch including ham with pineapple sauce, sides, and coconut cream pie for dessert!

Remember to reserve lunch at the senior center of your choice by noon on the day before the event. Phone numbers are listed on the back pages of this *Senior News*.

The suggested contribution for lunch for those age 60+ and spouse of any age is \$3.50. For all others, the charge for lunch is \$4.50. No one age 60+ and their spouse of any age will be denied service due to an inability or unwillingness to contribute.



Language interpretation for Office for Aging services and programs are available upon request at no cost. Call 607-778-2411.

The Broome County Office for Aging website can be translated into over 100 languages through Google Translate on the left column of the web page, www.gobroomecounty.com/senior.

Individuals who are deaf or hard of hearing can use NY Relay System 7-1-1.

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